

# HOW·NI·KAN

PEOPLE OF THE FIRE



Vol. 22, No. 9

Citizen Potawatomi Nation

September 2000



*Rainbow Horse, Woody Crumbo*

**The CitizenPotawatomi Nation is offering matted prints of several Woody Crumbo paintings. For more information, please contact the Potawatomi Gift Shop & Museum at 275-3119 or 1-800-880-9880.**



# TRIBAL TRACTS

## Walking on ...

### Keith J. Navarre

Chief Warrant Officer Four Keith J. Navarre, United States Army Retired, passed away on August 22, 2000, in a local hospital.

Keith was born in Kansas City, Missouri, August 31, 1923 to Joe and Esther Navarre and grew up at Rossville, Kansas. He was a member of the Citizen Potawatomi Nation of which he did extensive research that was shared with his fellow Potawatomi brothers and sisters. He was a graduate of St. Joseph Military Academy in Hays, Kansas, and the University of Texas at El Paso. He served in Europe during World War II, the Korean War, in the Occupation of Japan and again in Korea during the Vietnam era.

He retired from the U.S. Army in 1974 after over 31 years of service. He also retired from the Drug Enforcement Administration after 12 years of service in 1986. During his military service, he was awarded the Bronze Star for Valor w/oak leaf cluster, Purple Heart with oak leaf cluster, Meritorious Service Medal, Commendation Medal with four oak leaf clusters, Good Conduct Medal, Combat Infantry Badge with Star Navy Presidential Unit Citation, American Presidential Unit Citation (Army), Korean Presidential Unit Citation and the First French Army Commendation

Medal. He was a member of the Disabled American Veterans Association, the Retired Officers Association, 75th Infantry Division Association, French Army Rhine et Danube Association, Kateri Tekakwitha Indian Conference and the Northern Indian Historical Association.

Survivors include his wife, Shio Navarre, daughter Nina M. Ahumada, stepson James Y. Navarre, of El Paso and stepson Yoshinori Shinoda of Atami, Japan. He is also survived by four grandchildren, Larisa M. Ahumada, Albert N. Ahumada Jr., Jason Navarre and Stephanie Navarre. Kaster-Maxon & Futrell Funeral Home was in charge of the services with interment immediately following in Ft. Bliss Nation Cemetery accorded with military honors.

### Helen Louise Hensley

Helen Louise Hensley, 71, a resident of Oklahoma City for the past two years, coming from Lawton, died Sept. 27, 2000. She was born Feb. 7, 1929 in Shawnee, OK to Leo & Hazel (Trombla) Willmette. In 1946, she married the love of her life, Clarence S. Hensley, Sr.

Helen was employed in the civil service for the U.S. Army at Ft. Sill. She was an active member of the St. James Catholic Church. Preceded in death by her husband, Clarence S. Hensley, Sr. in 1974. She is survived by her son, Clarence S. Hensley, Jr. of Edmond; daughters; Linda Stebbins & husband, Robert of Chino, Ca, LaNora Jean Richard and husband Al of Oklahoma City, Lisa Brewer and husband Gene of Oklahoma City and Lori Moore of Tulsa; brother Louis Willmette and wife Louise of Oklahoma City; sisters Virginia Willmette and Loretta Rard and husband, Bill, all of Oklahoma City; 12 grandchildren; and 4 great grandchildren; and many other loved ones.

A Rosary was held Oct. 1 at the South Colonial Chapel. Mass of Christian Burial was held Oct. 2, 2000 at the St. James Catholic Church. Committal Services were Oct. 2, 2000 at the Post Cemetery in Ft. Sill, OK.

## DONATIONS TO THE HOWNIKAN

Lois I. Wood, Las Vegas, NV - \$25  
Glenn L. & Rosa Ruth, Austin, Texas - \$20

## HOWNIKAN PEOPLE OF THE FIRE

The HowNiKan is published by the Business Committee of the Citizen Potawatomi Nation with offices at 1601 Gordon Cooper Drive, Shawnee, Oklahoma 74801.

The HowNiKan is mailed free to enrolled tribal members. Subscriptions to non-members are available for \$10 annually in the United States and \$12 for foreign countries.

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All correspondence should be directed to HowNiKan, 1601 Gordon Cooper Drive, Shawnee, OK 74801. Address changes should be sent to Potawatomi Tribal Rolls, 1601 Gordon Cooper Drive, Shawnee, OK 74801.

Citizen Potawatomi Nation Business Committee  
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<http://www.potawatomi.org>

## From Our Mailbox

### Dear Tribal Family:

I want to express my appreciation to the tribal council for continuing to host the annual regional meetings that have become a part of my family's tradition over the years. I also wanted to express my appreciation for the art competition that is a highlight of our annual trip to Denver.

I was so honored to have been the regional and national winner for 1999, and to have placed third in Denver on Sept. 16. I also would like to suggest a junior division in the art competition that would allow children to enter art work and not have to compete with adults.

I would like to give my prize of \$50 back to the tribe in the form of a gift to the HowNiKan, also to thank the staff of this excellent paper for their keeping those of us so far away from Shawnee, abreast of what is happening throughout the nation in Indian affairs, tribally, and inter-tribally.

Affectionately yours,

Dorothy 'Dot' Spencer

### Housing Department,

Thank you for helping us build a beautiful home for our family. We feel grateful to have been able to participate in the grant program. We appreciate all your hard work to bring programs like this to the tribal members.

Thank you,

Carrie, Jeff and Gracie Kieffer

### Dear Scholarship Committee,

Thank you so much for the scholarship money you sent to the University of Colorado on my behalf in September. Your assistance has helped me so much. I have already been using the new information about teaching children to read.

I have only one class left after the two I'm taking now, so I won't be "full time" next semester. I should graduate in May. Thank you, thank you!

Patricia Dawson

### Dear Scholarship Committee,

I wanted to send a letter to express my gratitude for the approval of my scholarship for the Fall 2000 semester. The financial assistance that you have afforded me has been a tremendous help. I am at the limits for federal loans, and was only receiving about \$180.00

per semester. As you can see, the monies you have given me have allowed me to pay for the vast majority of my tuition fees, books, student fees, as well as living costs. I just wanted to let you know how appreciative I am of your assistance.

Again, thank you for your assistance.  
Sincerely,

Angela R. Huffman

### Dear Scholarship Committee,

Thank you for funding me for the fall semester at Point Loma Nazarene University. I greatly appreciate it. Thank you once again.

Sarah Boland

### Dear Scholarship Committee,

I am writing this letter to thank you for the scholarship money you gave me. It will help me out financially. My family and I appreciate it.

Sincerely,

Amy Hill

### Dear Scholarship Committee,

I want to express my thanks to you for selecting me as one of this semester's recipients of the Tribal Scholarship. It is nice to have your financial support as I begin my senior year.

Sincerely,

Koby Fleck

### Bozho ndezhnekas Elizabeth (Nisbett) Hancock.

I am a Citizen Band Potawatomi.

I wanted to thank everyone who worked so hard to make the 2000 Potawatomi Gathering so enjoyable. Your facilities are impressive, your hospitality was remarkable and my sister, niece and I had a wonderful time. The Red Deer Ranch and Indian Springs Lodge are superb and you should be very proud of those enterprises. I regret that our bus headed back to Oklahoma before the closing ceremony - I have heard it was quite beautiful.

Thank you so much, Forest County!  
Pama pi

Elizabeth Hancock







# WELCOME, NEW CITIZEN POTAWATOMI NATION ENROLLEES!

The following persons were enrolled with the Citizen Potawatomi Nation under previous guidelines:

Campbell, Carrie Frances Weld  
Campbell, Gary Phillip  
Campbell, James Larry  
Fry, Jerri Sue Mitchell  
Gipson, Sandra Lee Levier  
Guzman, Linda Castaneda  
Hill, Dorothy Ernestine Weld  
Kelough, Thomas Eugene Jr.  
Kirby, Ruth Ann Hartwell  
Russell, John William  
Tinney, Richard Carl  
Watkins, Susan Elaine Campbell

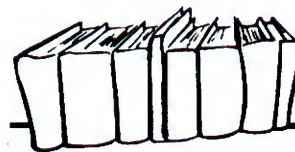
The following persons were enrolled with the Citizen Potawatomi Nation based on descendency:

Ables, Kristen Dee  
Anderson, Andy Lee  
Anderson, Caleb Kerr  
Anderson, Connor Scott  
Anderson, Cory Luis  
Anderson, Devlyn Robert  
Anderson, Jacqueline Tate  
Anderson, James Earl  
Anderson, Kaitlin Rose  
Anderson, Michael Jay  
Anderson, Michael-James Edward  
Anderson, Michelle Marie  
Anderson, Nelson Ray  
Anderson, Nicholas Skyler  
Anderson, Robert Edward  
Arnold, Stephen Cody  
Belyeu, Arabeth Hillel  
Bennett, Geanne Nichole  
Bibb, Joseph Elie Jr.  
Bourbonnais, Aaron Floyd  
Bourbonnais, Alexander Edward  
Briggs, James Hal  
Briggs, Richard Leonard  
Brinton, Mark Alan  
Bruno, Kaleb Elias  
Buckner, Britton Breann  
Bull, Linda Louise York  
Burt, Jessica Tiffany  
Carey, McKayla Autumn  
Carey, McKenzie Jim  
Carter, Kaylee Talise  
Castaneda, Jessica  
Castaneda, Virginia Maria  
Cole, Ashley Brooke  
Coss, Jordan Gabrielle  
Cribbs, Ethan Joseph  
Crockett, James Christopher  
Dakan, Kody Cheyene  
Dakan, William Fredrick  
Dakan, William Fredrick II  
Dakan, Wylie Fannin  
DeGraff, Mary Ann  
Dibler, Matthew Eric  
Dibler, Richard LeRoy  
Downing, Brian Lance Jr.  
Edwards, Shaina Marie  
Feliciano-Chavez, Ezekiel Christian  
Angel  
Ferreira, Heather Louise Briggs  
Fisher, Dillon Lee  
Flores, Madison Morgan  
Fox, Sierra Marie  
Franklin, Rachel Nicole  
Fritze, Anthony Michael

Fry, John Landon  
Godinez, Marykate Toni  
Godinez, Payton Maryellen  
Gomez, Jill Amber Miller  
Graham, Thomas David Jr.  
Green, Forrest Oliver Reece  
Greenwalt, Brenden Jace  
Guymon, Dustin Clint  
Guymon, Shelly Ranae  
Guzman, Ignacio  
Guzman, Rosalanie  
Hagler, April Rae Denison  
Hardy, Sherri Dawn Chandler  
Harrell, Danielle Nicole  
Heusman, Brittney Lauren  
Heusman, Erika Elaine  
Heusman, John Donovan  
Hey, Jeffery Todd  
Hilton, Brooklin Star  
Holden, Ashleigh Michelle  
Hopkins, Alyssa Maree  
Huff, Bailey Reasha  
Huff, Kinsey Alexis  
Huff, Mary Kaitlynn  
Huff, Zachary Taylor  
Jennings, Cory Wesley  
Johnson, Alisha Caitlin  
Johnson, James Aryles  
Johnson, Julie Bethany  
Johnson, Katelyn Elizabeth  
Johnson, William Garrett  
Kelly, Jackson Ross  
Ketzler, Dillan Thomas  
Ketzler, Geneva Brooke  
Kilcoyne, Mary Katherine Lawson  
Lambert, Tyler Anthony  
Lamkin, Kaitlynn Parker  
LanCaster, Wesley Don  
Langpap, Candis Less  
Langpap, Jessica Ashlee  
Langpap, Sydne Scot  
Lawrence, Squire Jerrick  
LeBlanc, Kaelyn Ann Marie  
LeBlanc, Zackery Michael August  
Lehman, Caleb Aaron  
Lehman, Jessica Renee  
Lewis, John Ware  
Lindsey, Ian Marcus  
Martin, Brian Dean  
Martin, Joseph William  
Martinek, Gregory Scott  
Mayhugh, Kory Edward  
McBride, Margaret Mozelle  
McBride, Maxwell Benjamin  
Mielnexeck, Brian Keith  
Miller, Joseph Bill  
Miller, McKensy Michelle  
Minch, Kari Lynn Elden  
Mitchell, David Leon  
Morris, Jacob Hugh  
Morris, Jesse Glenn Jr.  
Morse, Christopher Scott  
Morse, Michael Gene  
Morse, Michael Gene Jr.  
Muirhead, Colton McKay  
Mulanax, Jessica Jean  
Mulanax, Matthew McCoy  
Mulanax, Stephanie Dawn  
Muldrow, Cade Kellen  
Naumann, Gator Everett  
Naumann, Virginia Jean Palmer  
Naumann, Zander Ethan

Nelson, Delanie Louise  
Nelson, Melody Ann  
Neves, Michael James  
Notter, Jesse James  
Nunley, Jamie Lynn  
Ogee, Kaden Brent  
Ogee, Kennedy Ashlynn  
Olsen, Mark Randall  
Olsen, Scott Wayne  
Ortiz, Dakota Ross  
Pelletier, Gabriel Tristan  
Perez, Jasmine Jacqueline  
Perez, Ruth Cooper  
Perryman, Ashlyn Elizabeth  
Peters, Kerie Dawn  
Pittman, Darius  
Price, Kaylee Michelle  
Price, Ross Thomas  
Quiett, Hunter Christian  
Rascon, Catalina Christeen  
Rascon, Xavier Christian  
Reed, Aubrie Nicole  
Ridgeway, Christopher Lee  
Roberts, Carli Jewel  
Rojas, Alexandria Nichole  
Rottman, Debora Lee Anderson  
Rottman, Joshua Cody  
Rottman, Nicole Jeanette  
Russell, Madison Mychal  
Russell, McKenzie Madonna  
Russell, Megan Eileen  
Rycek, Danica Adelle  
Sager, Angela Heather  
Sager, Robert James  
Sager, Scott Walter  
Schrepfer, Robert Waldo  
Sinclair, Daniel Ethan Ivan  
Sinclair, Sabrena Danielle  
Smith, Austin Harding  
Smith, Hayley Catherine

Spencer, Tara Ashley  
Stephens, Bradley Garrett  
Stephens, Tanner Post  
Stephenson, Brooke Elizabeth  
Stringer, Braden Jared  
Stringer, Jordan Danielle  
Sullivan, Jacob Michael  
Tarter, Christie Ann  
Tarter, Ian Allen  
Terrel, Trae Spencer  
Terrel, Trenten Skylor  
Thompson, Jesse Jarl  
Thompson, Mahalia Rachelle  
Tinney, Brooklyn Paige  
Tinney, Trenton Alexander  
Tullis, Tina Melinda  
Turley, Darren Jakob  
Turley, Donovan Gerald  
Turley, Marlaina Kay  
Tuttle, Abraham Jay  
Tuttle, Luke Matthew  
Valentine, Ambyr Lynn  
VanRunkle-Shaunessy, Ryan Matthew  
Veitenheimer, Emma Catherine Claire  
Wade, Ryan Michael  
Walker, Cody Aaron  
Walker, Hannah Raeann  
Walker, Logan Russell  
Whitaker, Stephanie Dawn  
White, Gregory Tanner  
White, Lacie Marlene  
Wicker, Morgan Alexis  
Williams, Jeremy Wayne  
Wood, Jimmy Russ  
Wood, Jimmy Russ II  
Wood, Kaitlyn Brielle  
Wood, Rachel Morgan  
Yowell, KasiRay  
Zargosa, Ramon Navarre



## BOOK REPORT

By Hyale Smith, Tribal Rolls Assistant

Title: *Native American Architecture*  
Authors: Peter Nabokov and Robert Easton  
Publisher: Oxford University Press, 1989

This is a nice fat book, almost coffee table size, lavishly illustrated with hundreds of photographs, drawings and maps, which serve to reveal the rich diversity of Indian buildings and settlements.

How, you might ask, can anyone write a 400 page book about wigwams?

First of all, we're not talking just wigwams, or tipis, or longhouses. The variety of sizes, shapes and styles of dwellings reflect not only the building materials at hand, but also the diversity of culture, social customs and technological skills.

"By our houses you will know us" is the message the authors received from the Native Americans they interviewed. From the elegant simplicity of the block snow iglu found in the Arctic, to the intricate cliff dwellings carved by the Anasazi in Mesa Verde, the authors describe not only the actual construction of these homes, but also include the history and legends of the builders themselves.

This book will appeal to those who enjoy books as works of art, as well as those interested in the pre-European history of our continent.

The authors bring impressive credentials to this work. Nabokov is an anthropologist, who has also taught in the Department of Architecture. Easton is a well-known California architect who has taught at UCLA.

If you are interested in reading this book, you can check with your local library or bookstore. (The Tribal Library does not lend books; they are for on-site research only.)



# TRIBAL SCHOLARSHIP RECIPIENTS - FALL 2000

The following members received the Tribal Scholarship for the fall semester of 2000:

Mindy R. Jones	Northeastern Oklahoma College	Justin T. Neely	SW Missouri State University	Jennifer L. Fox	Missouri Southern State College
Mary E. Tasier	Oklahoma City Community College	Chad D. Barrett	University of Central Oklahoma	Jennifer L. Enno	Tulsa Community College Southeast
Misty S. Bates	SE Oklahoma State University	Allison N. Barrett	East Central University	Christopher J. Schroeder	University of Kansas
Mark J. Bearden	Oral Roberts University	Ryan P. McMillan	Kansas State University	Brian J. Martin	SW Oklahoma State University
Sheri I. Hanson	Oregon Institute of Technology	Christopher T. McMillan	Kansas State University	Michelle M. Miclea	Henry Ford Community College
Patricia J. Dawson	University of Colorado	John C. Weddle	Oklahoma State University	Heather M. Nance	University of Oklahoma
Darlene L. Goldsmith	Northeastern State University	Christopher J. Stephens	Emporia State University	Ryan D. Rennie	University of Colorado-Boulder
Yvette M. Munoz	Bryan Career College	Tyler S. Walker	OSU-Okmulgee	Brooke N. Rumsey	Oklahoma State University
Michael G. Craig	California State University-Long Beach	Terri S. Ivy	East Central University	Alesha D. Rush	St. Gregory's University
Rosa C. Garcia	Seminole State College	Mandi R. Morris	Colorado State University	Barbara A. Sharp	LDS Business College
Deborah K. Hollingsworth	Gordon Cooper Vo-Tech	Michael A. Pace	Oklahoma City University	Kathryn D. Baptiste	Seminole State College
Terry N. Taylor	Santa Barbara Business College	Magan D. O'Connor	East Central University	John W. Williams	University of Oklahoma
Catherine L. Fiedler	Hesston College	Odessa H. Robinson	University of New Mexico	Carolina M. Castaneda	Glendale Community College
Dale Sweeten	SW Oklahoma State University	Allison M. Jinks	Tarleton State University	Dustin D. Hagerman	Oklahoma State College
Shiree D. Randell	University of Science & Arts	Angela R. Huffman	SW Missouri State University	Sarah R. Boland	Point Loma Nazarene University
Rebekah K. Slomp	OSU-Oklahoma City	Jenny L. Affentranger	Oklahoma Baptist University	Michelle L. Schwerdt	Emporia State University
Chasity D. Belshe	Seminole State College	William G. Bussard	Texas Tech University	Elizabeth M. Driver	SW Oklahoma State University
Brain E. Buettner	Rose State College	Jessica M. Martin	University of Notre Dame	Bobbi J. Trousedale	Oklahoma Christian University
Sarah B. Kupiec	OSU-Oklahoma City	Deidre G. Torres	Northeastern State University	Stanley Williams II	University of Oklahoma
Robert W. Tinney	Shasta Community College	Michelle D. Osburn	Northeastern State University	Penny D. Byler	Amarillo College
Destiny R. Wright	Seminole State College	Wade J. Miller	University of Oklahoma	Jason D. Mitchell	University of North Texas
Samuel N. Walker	Lamar University	Kara M. Hoover	Rogers State University	Gregory A. Cline	Oklahoma City Community College
Vinson K. Johnson	Montana Tech-Univ. of Montana	Marc E. Smith	University of South Alabama	Miranda D. Depel	Oklahoma City Community College
Cassia L. Callaghan	Texas Christian University	Christina L. Bachhofer	St. Gregory's University	Aaron J. Waite	DeVry Institute of Technology
Ashley M. Wakelee-Camp	University of Oklahoma	Brigid A. Shannon	University of Montana	Jayne R. Shelton	Oklahoma State University
Clifford S. Goldsmith	University of Oklahoma	David K. Sivadon	Oklahoma Baptist University	Kari J. Hale	Hastings College
Sarah K. Dunigan	East Central University	Eric J. McMillan	Kansas State University	Casey J. Burns	Parker College of Chiropractic
Kimberly A. Bowman	San Juan College	Jerry E. Griffith	College of the Ozarks	Dale W. Maynard	Cameron University
Lauren E. London	Savannah College of Art & Design	Kent H. Hall II	University of Central Oklahoma	Tara R. Ramos	University of Oklahoma
Samuel R. Soutter	Tulsa community College	Angela D. Walker	University of Texas-Arlington	Nicholas D. Upton	University of Oklahoma
Tiffany R. Cheatwood	Oklahoma City Community College	Lindsay S. Jones	University of Oregon	Joshua C. Baser	Oral Roberts University
Rogina M. Lopez	Seminole State College	Jeremiah B. Coleman	Loma Linda University	Timothy S. Frakes	University of Central Oklahoma
Cassandra E. Gibson	University of Central Oklahoma	Jennifer L. Austin	Medical School	Shayla D. Impson	Texas Wesleyan University
Wendy M. Ogle	Oklahoma City Community College	Thad A. Cockrell	University of Missouri-Columbia	Jami L. Kay	Hillsdale Free Will Baptist College
Rebecca R. Honeycutt	University of California-Santa Barbara	Tiffany S. Healey	School of Law	Cynthia R. Holik	Rose State College
Taylor D. Washburn	Rose State College	Lori A. Snyder	SE Baptist Theological Seminar	Michael P. Whittle	Caldwell College
Aleta D. Madden	University of Science & Arts	Katherine L. Martin	OSU College of Veterinary Medicine	Brian E. Gayer	SW Oklahoma State University
Sara C. Judd	University of Missouri	Nathan R. Hale	Wes Watkins Technology Center	Christopher D. Martin	Pittsburg State University
Noah J. Sanders	Kansas City Art Institute	Katherine M. Marconi	Wright Business School	Joseph P. Huke, Jr.	Kansas State University
Hannah A. Smith	Bemidji State University	Melissa L. Williams	Gordon Cooper Vo-Tech	Teya M. Lute	Emporia State University
LaChrisa L. Gamble	Seminole State College	Isaac M. Longcrier	Port Arkansas C.M.S.	Eric W. Roberts	SW Assembly of God University
Alesha B. Hargrove	South Plains College	Terry A. Lane	Metroplex Beauty School	Casey J. Dockry	University of Wisconsin-Stout
Lance D. Robinson	Broward City Community College	JoAnna G. Howard	MMI (Motorcycle & Marine Mechanics Institute)	John A. Manning	University of Oklahoma
Jacquelyn J. Loyd	University of Arkansas	David N. Abel	University of Oklahoma	Timothy P. DeCoursey, Jr.	Washburn University
John Q. Kay	Hillsdale Free Will Baptist College	Viola A. Jones	University of Oklahoma	Amy L. Hill	Emporia State University
Diana R. Olsen	Brigham Young University	Czarina Thompson	Eastern Oklahoma County	Jon M. Arrasmith	University of Oklahoma
Geneva A. Benton	Cowley County Community College	Brenda C. Speer	Technical Center	Erica A. Rhodd	Oklahoma State University
Adriane R. Stinson	Oklahoma City Community College	Judy L. Robinson	East Central University	Allyson E. Rumsey	Rose State College
Crystal G. Hiershe	Oklahoma City Community College	Shelly J. Minshew-Ryczek	University of Oklahoma	Aaron B. Collins	Oklahoma Baptist University
Squire J. Lawrence	Northern Oklahoma College	Connie L. Kay	Southeastern Oklahoma State Un.	Dawn M. Deerwater	Cameron University
Jennifer N. Cody	Tulsa Community College	Rhonda J. Honeycutt	Nova SE University	Bryan A. Fuller	University of Oklahoma
Matthew L. Phillips	Oklahoma Christian University	Mark Allan Mars	Oceanographic Center	Jennifer A. Heckadon	Pittsburg State University
Michael Lee Higbee	Cowley County Community College	Stacey L. Manovsky	Tarrant County College	Brandi R. Morris	University of Central Oklahoma
Chad W. Swanson	Hillsdale Free Will Baptist College	Kelli J. Mosteller	East Central University	Toni J. Kay	University of Oklahoma
Amanda A.A. See	Rose State College	Beau B.G. Waterman	California State University-Northridge	Jeanne L. Pierce	Drury University
Beth L. Lamasum	Portland Community College	Kandis C. Dyer	City College	Koby S. Fleck	Oral Roberts University
Jayne A. Sauer	University of Saskatchewan	Tyler G. Lawson	Gordon Cooper Nursing Program	Leah M. Hale	Oklahoma State University
Elizabeth N. Brown	Connors State College	Kristi L. Mahaffey	Oklahoma State University	Bradley W. Stahlheber	OSU-College of Osteopathic Medicine
Satci D. Walker	Lamar University	Russell E. Nance	Butler County Community College	Michael D. Fox	University of Connecticut-School of Law
Jennifer A. Lisle	Connors State College	Lacy D. Pierce	University of Central Oklahoma	Johanna K. Manning	Creighton University
Dustin G. Loftis	St. Gregory's University	Christopher B. Robertson	University of Oklahoma	Alychia E. Sterkel	Golden State Business College
Jessica E. Lee	University of Austin	Sonya R. Roberts	Oklahoma Baptist University	Heather K. Sanford	Wes Watkins Technology Center
Melissa G. Bomhoff	Redlands Community College	Timothy W. Wagner, Jr.	Northern Oklahoma College	Justin D. Flud	Northwest Technical Institute
Jarad M. Logsdon	OSU-Oklahoma City	Joshua A. Anderson	Oklahoma State University	Ronald S. Tinney	Moore Norman Vo-Tech
Alyxis M. Feltus	Fond du lac Community College	Elizabeth Austin	Un. of Central Oklahoma	Christie D. Womack	Mid-America Technology Center
David M. Ivy	East Central University	Brian A. Bruno	University of Science and Arts	Sarah A. Sander	University of Central Oklahoma
Michelle S. Sweeney	Cowley County Community College	Stacy L. Elliott	University of Nebraska-Lincoln	Lee A. Wathan	DeMarge College
Dylan T. Springer	University of Central Oklahoma	Allison B. Frakes	University of Oklahoma	Rachel S. Anderson	University of Oklahoma
Traci J. Kane	University of Oklahoma	Candice S. Forthman	Henderson State University	Deborah J. Allred	ET Dunlap Center for Higher Education
Christina A. Vargas	Pasadena City College	Ricky D. Hancock	Rogers State University	Sheri L. Tero	University of Central Oklahoma
Linda R. Sasser	SW Oklahoma State University	Randall J. Hass	Eastern Oklahoma State College	Lynda R. Grizzle	Cowley County Community College
Doneta D. Nelson	Pueblo Community College	Jeremiah J. Wright	University of Oklahoma	Anna Marie DeMott	University of Northern Colorado
Gabriel E. Bowman	University of Arizona	Kyle P. Hubble	SW Oklahoma State University	Kelli M. Fuqua	Oklahoma State University
Shane D. Mandrell	Santa Fe Community College	Jacob R. Kamps	Northern Arizona University	Jason T. Litz	Garden City Community College
Carrie York	University of North Texas	Deidre A. Kinslow	St. Gregory's University	Traci A. Wright	Southwestern Oklahoma State University
Elizabeth M. Digesare	California State University-Chico	Amy J. Yeager	SW Oklahoma State University	Leslie S. Womack	Northeastern State University
Kathryn A. Olsen	Brigham Young University	Holly M. Olsen	Illinois State University	Joseph A. Dunaway	University of Oklahoma
Rebecca L. Gardom	Western New Mexico University	Cody L. Haltom	University of Oklahoma	Stacy D. Allred	Southeastern Oklahoma State University
Cais S. Simmons	Tulsa Community College	Kristen D. Woodall	St. Gregory's University	Jim D. Allred	University of Oklahoma
Andreanna T. Smith	Oklahoma City Community College	Kyle D. Smith	University of Central Oklahoma		
Candida J. Kadar	University of Nebraska-Omaha	Justin M. Combs	Oklahoma City Community College		
Cynthia D. Anderson	OSU-Okmulgee	Benjamin T. Bressman	Cameron University		
Elizabeth L. Burnett	University of Central Oklahoma	Brandi Deerinwater-Collazo	OSU-Oklahoma City		
Jason K. Greenwalt	Oklahoma Baptist University	Adam B. Collins	Oklahoma Baptist University		
Thomas J. Slavin	SW Missouri State University	Brent E. Ogee	Art Institute of Seattle		
Brian W. Hancock	University of Kansas	Joshua D. Dobbs	New Mexico Junior College		
Sydney R. Flowers	Sterling College	Francis M. Downing	Western Culinary Institute		

**Remember: the deadline dates for the Tribal Scholarship application are December 15 for Spring; June 1 for Summer; and August 15 for Fall. Any applications received after these dates will not be considered.**



# TRIBAL TRACTS

## HowNiKan Potawatomi Language Lesson

*Subject: A Potawatomi Greeting*

### Dialogue:

A: Boshō nikan. Hello friend.  
B: Boshō Hello.  
A: Ni je na? How are you?  
B: Anwe zhenā. I'm okay.

### Alternative dialogue:

A. Ahaw nikan Hello Friend.  
B. Boshō ni je na. Hello, how are you?  
A. Anwe se zhenā, kin je I am fine and you?  
B. Anwe zhenā ge nin. I am fine also.

Practice the above greeting with someone. Exchange dialogue so you are both experts at greeting and responding in Potawatomi. Typically, when saying boshō or ahaw, you extend your hand so you can shake hands. Once you become good at the above dialogues, teach someone else.

## Neighbors receives honor

The United States Achievement Academy has named Margaret Neighbors from Pawhuska, OK a United States National Award Winner in Science. She will appear in the United States Achievement Academy Official Yearbook, which is published nationally. The nomination was made by Mrs. Jill Henrie, a teacher at the Indian Camp School which Margaret attends.

This award is a prestigious honor very few students can ever hope to attain. In fact, the Academy recognizes fewer than 10% of all American high school students.

The Academy selects USAA winners upon the exclusive recommendation of teachers,

coaches, counselors, and other qualified sponsors and upon the Standards of Selection set forth by the Academy. The criteria for selection are a student's academic performance, interest and aptitude, leadership qualities, responsibility, enthusiasm, motivation to learn and improve, citizenship, attitude and cooperative spirit, dependability, and recommendation from a teacher or director.

Margaret is the daughter of Don and Raelene Neighbors. The grandparents are H.L. and Juanita Neighbors, and Raymond and Margaret Wamego, all of Pawhuska. Charlotte Wamego was her great-grandmother.

## Free Diabetes Brochure Available

One in every five American Indians and Alaska Natives has diabetes, which is the number one cause of kidney failure in the United States today. This high incidence of diabetes causes American Indians and Alaska Natives to develop kidney failure three times more often than whites, says the National Kidney Foundation (NKF). To help people in these communities learn more about two of the diseases that disproportionately affect them, the National Kidney Foundation has created a new educational brochure, "Diabetes and Kidney

Disease: A Guide for American Indians and Alaska Natives."

Written in question-and-answer format, "Diabetes and Kidney Disease" provides important information about the prevention, control and treatment of both diseases. Readers will learn the symptoms of diabetes, the early signs of kidney damage and treatment options for kidney failure.

Though all American Indians and Alaska Natives are at increased risk for developing Type II diabetes, both diabetes and kidney disease can be

prevented. For a free copy of "Diabetes and Kidney Disease: A Guide for American Indians and Alaska Natives," contact the National Kidney Foundation at (800) 622-9010.

The National Kidney Foundation is the nation's leading voluntary health agency dedicated to preventing kidney and urinary tract diseases, improving the health and well-being of individuals and families affected by these diseases, and increasing the availability of all organs for transplantation.

## IHS self-governance resolution signed

On August 18, President Clinton signed H.R. 1167, the Tribal Self-Governance Amendments of 2000, which establishes a permanent self-governance program within the Indian Health Service (IHS). The amendments give federally recognized American Indian and Alaska Native tribes greater flexibility to administer federally funded Indian health care programs established for their benefit.

"This legislation makes a firm statement and commitment by the administration to strengthen tribal self-determination and the sovereign right of American Indian and Alaska Native governments to administer their own health care programs," said Michael H. Trujillo, M.D., M.P.H., M.S., Director of the Indian Health Service. "It puts control in the hands of those most knowledgeable of the needs and culture of the population we serve; the American Indian and Alaska Native people themselves."

Since 1975 when Congress enacted the Indian Self-Determination and Education Assistance Act,

Public Law 93-638, tribes have been able to assume some control over the management of their health care services by negotiating contracts with the IHS. In 1992, the Tribal Self-Governance Demonstration Project (SGDP) greatly expanded this partnership effort by simplifying the self-determination contracting processes and facilitating the assumption of IHS programs by tribal governments. It also authorized the transfer of IHS funds that would have been spent for those programs directly to tribal control under a compacting process.

Under the permanent legislation, compacts initiated under the demonstration program will continue, with up to 50 additional compacts awarded each year. It also authorizes a study

of the feasibility of including other Department of Health and Human Services agencies in the self-governance program.

Since 1992, organizations have negotiated 44 compacts with the IHS. Today, almost 44% (\$1.06 billion) of the IHS appropriated budget is allocated to tribally managed programs through compacts and contracts. Tribes now manage 13 hospitals, 158 health centers, 160 Alaska village clinics, 76 health stations, and 28 residential treatment centers. This has resulted in an increased capacity in American Indian and Alaska Native communities to improve their own health care through the development of staff, facilities, community involvement in decision-making, and public health interventions.

### Change of Address Form

*This is my current mailing address!*

Name: \_\_\_\_\_ (Please Print)

(Include Maiden) \_\_\_\_\_

Address: \_\_\_\_\_

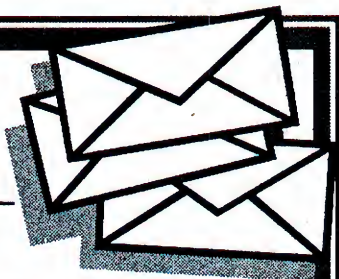
State: \_\_\_\_\_ Zip: \_\_\_\_\_

Birthdate: \_\_\_\_\_

Roll No: \_\_\_\_\_

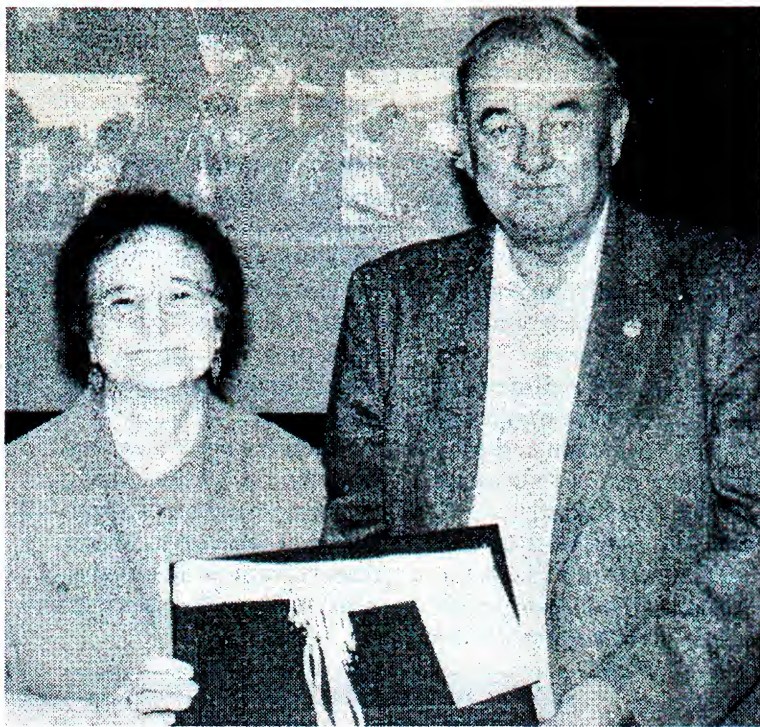
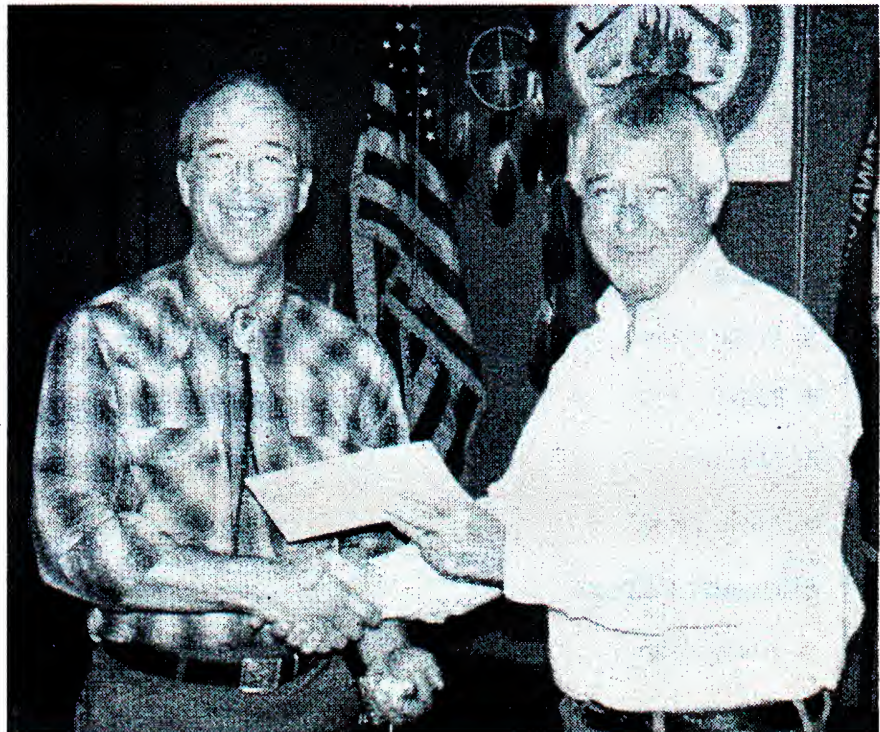
Mail To: \_\_\_\_\_

Mary Farrell, Tribal Rolls  
Citizen Potawatomi Nation  
1601 Gordon Cooper Drive  
Shawnee, OK 74801





# DENVER REGION



## *Art Contest Winners*

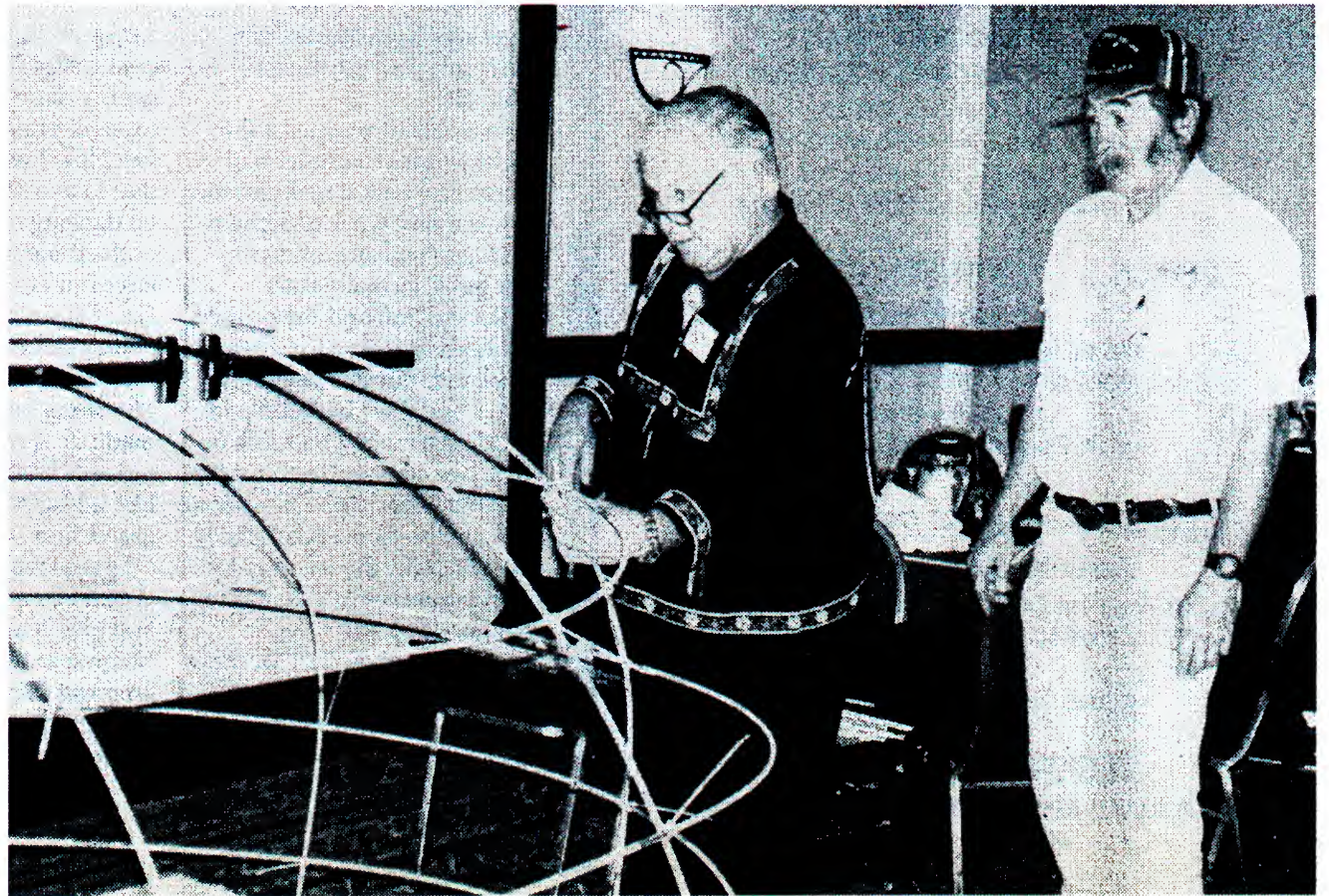
Above left, Hilton Melot congratulates Deborah Galow, whose beaded purse won first place. Above right, Gene Bruno presents the second place prize to Ron Striegel (left), for his maatching silver bracelet, necklace and earrings, while at left, Jerry Motley poses with third place winner Dot Spencer and her Woodlands design belt.



Youngsters enjoyed the children's activities, "African Ex plorers" and "The Bug Stops Here," that the Denver Natural History Museum hosted.







Chairman Rocky Barrett and Gerald DeGraff demonstrate construction of a sweat lodge.



Wisest tribal member present for the Regional Council was Sam McCollum



Traveling farthest for the Regional Council was Judy Becker



Chairman Barrett poses with the youngest tribal member present for the Regional Council, Phillip Escobedo, born March 23, 1998





## Regional Office Directory

### REGION 1 - OREGON/IDAHO

### REGION 2 - WASHINGTON

(INCLUDES ALASKA & HAWAII)

#### **Roscoe "Rocky" Baptiste**

Box 346, Gervais, OR 97026

Local (503) 792-3744 • FAX (800) 522-3744

Toll-Free (800) 522-3744

e-mail: Region01@Potawatomi.org

### REGION 3 - NORTHERN CALIFORNIA

#### **Thom Finks**

135 Finley St., Auburn CA 95603

Local (530) 887-8102 • FAX (530) 887-8102

1-800-874-8585

e-mail: Region03@potawatomi.org

### REGION 4 - SOUTHERN CALIFORNIA

#### **Jeremy Bertrand Finch**

250 Wigmore Drive, Pasadena, CA 911052921

Local (626) 403-0930 • FAX (800) 432-2008

1-800-432-2008

e-mail: Region04@Potawatomi.org

### REGION 5 - SOUTHWEST

(INCLUDES ARIZONA & WESTERN NEW MEXICO)

#### **Gene Lambert**

P.O. Box 5905, Mesa, AZ 85211

Local (480) 668-0509 • FAX (480) 649-7443

Toll-Free (800) 452-8966

e-mail: Region05@Potawatomi.org

### REGION 6 - COLORADO

(INCLUDES MONTANA, UTAH, WYOMING,

WESTERN NEBRASKA, WESTERN KANSAS)

#### **Cheryl DeGraff**

11310 W. 46th Avenue, WheatRidge, CO 80033

1-800-627-5003 • Local 1-303-432-0255

e-mail: Region06@Potawatomi.org

### REGION 7 - NORTHERN TEXAS

(INCLUDES EASTERN NEW MEXICO)

#### **Marjorie Hobdy**

3132 Kathy Lane, Irving, TX 75060

Local (972) 790-3075 • Toll-Free (800) 742-3075

e-mail: Region07@Potawatomi.org

### REGION 8 - SOUTHERN TEXAS

#### **Lu Ellis**

26231 Huffsmith-Conroe Rd., Magnolia, TX 77355

Local (281) 356-7957 • Toll-Free (800) 272-7957

e-mail: Region08@Potawatomi.org

### REGION 9 - MIDWEST

(INCLUDES EASTERN NEBRASKA & EASTERN KANSAS)

#### **Mary-Ellen Vieux Clinton**

P.O. Box 750587, Topeka, KS 66675-0587

Local (785) 235-0134 • Toll-Free (800) 325-6639

e-mail: Region09@Potawatomi.org

The Citizen Potawatomi Nation is divided into different "Regional Offices" to help cover the extended membership across the nation. Originally labeled merely by region names, regional boundaries were established in late 1997 using the US Postal Service "3 digit" zip code areas. Region '0' is generally considered Oklahoma while the other states that are not numbered currently do not have an official "Region" designator.

# REGIONAL REPORTS

## Northern California

Greetings from Northern California and the Sierra Foothills:

Seems like it was just a few weeks ago that summer had started and here it is September. Now the first week of September doesn't mean summer's over but I normally start thinking of fall and the projects that need finishing to be ready for winter. But this year on Sept. 1 and 2 we had rain and lightning. Haven't had rain on those two consecutive days for over 150 years. One thing about living in the Sierra Foothills. If you don't like the weather just wait 20 minutes. It's bound to change.

One thing about fall for me is there is less to do outside (gets dark early and it's usually wet outside) but it's a great time to get that old (or new) bead loom out. You know you've always wanted to try it. Give it a try. Get those Potawatomi language tapes out and listen to them. Do some reading about our history and culture. It's good for the mind and soul.

I for one have really taken on

a project. I am (with the help of my brother Jeremy) starting to get my dance regalia together for next year's Heritage Festival. Now I want you to know that I have no experience per se on dancing or in making most of the things that I will need to have but after this last year's Festival and seeing all of OUR people out there giving their all, I'm bound and determined to give it my best. So my mind's made up now. If I can get this old out-of- shape body to work like it used to, I should have a grand time.

I guess what I'm trying to say is don't be afraid, jump on in and give it a try. You have nothing to fear because you're amongst family and friends. Besides if they do laugh or giggle you could gently remind them of how far a walk home really is!

Our Chairman Rocky Barrett in his July column mentioned that he would be hosting several events in the Regions during the next eight months in order to talk to us about traditions and ceremonies in a less

formal setting. He also mentions that he wants to talk about a constitutional revision to protect the existence of the Regional councils.

I welcome the opportunity to get to find out more about our heritage, traditions, and ceremonies. Rocky has a wealth of knowledge and this is a great way to find out who and what our people are all about. I can't urge you enough that when these meetings are announced that you try to attend. It should be great fun and interesting to. Hopefully come next summer we will have more of this type information at the summer picnic.

I found these words of wisdom and wish to send them to all of you.

"Oh Great Spirit, help me always to speak the truth quietly, to listen with an open mind when others speak, and to remember the peace that may be found in silence."

Be well and take care of one another.

— Thom Finks

## Colorado

A Quick Note and Greetings from Denver!

Fall is here and we're all preparing for the Harvest Time. The meetings was wonderful, the weather was great and thanks to everyone who came. We missed all of you who could not be with us this year, but you were all being thought of and I hope you can come next year. The following weekend we had our first snow for the season, although it did not last long.

There were many of you who had questions, especially in regards to the medical benefits from the tribe. I am in the process of getting together a list of these questions and will be submitting that list of questions to the Shawnee office, probably as you read this. If any of you have further questions please let me know. work during the day, but you can leave a message on the regional phone line. The 1-800 rings into the local number; I have changed

the recording so that you can tell for sure you have the correct number.

I want to thank you all for your patience while I have been getting the new Regional office set up. I am still waiting for the internet connection software and as soon as I have it I will let you all know so you will have the option to e-mail me with any comments or questions.

I also have a few of the language tapes and booklets from the Council meeting if anyone is interested in purchasing one. Also, I would be interested in hearing from anyone or everyone as to what you would like to see at the annual meetings in the way of programs, where the meetings are held - I know many mentioned that they would appreciate it if we could do something maybe in the south end of town or even Colorado Springs; etc. Your ideas would be most helpful. I am looking into facilities in the Colorado

Springs area for next year and will let everyone know what happens.

I look forward to the opportunity to serving all of you and hope I can do a good job. Thanks again to each of you for such a wonderful first meeting and I hope to be hearing from many of you.

— Cheryl DeGraff

## 2000-2001 Regional Council Schedule

Denver	Sept. 16, 2000
Eastern United States	Oct. 14, 2000
Dallas	Nov. 11, 2000
Southern California	Jan. 20, 2001
Phoenix	Feb. 10, 2001
Northern California	March 3, 2001
Houston	March 24, 2001
Oregon/Idaho/Washington	April 7, 2001
Kansas	May 5, 2001







## From The Chairman

By John A. "Rocky" Barrett

### Bourzho, Nikon (Hello, My Friends)

Last weekend we had the Eastern Regional Council meeting in Alexandria, VA. It was well attended with over 60 people sharing a meal and some great get-acquainted talk. There were many questions about my proposal in the last HowNiKan to offer for your vote in a referendum the question of creating a separate tribal legislature.

The most prevalent question was how it would be different from the present system. My answer pointed out that at the present time, all legislation is adopted by the Business Committee. Three-fifths, a majority, of the Business Committee consists of the Executive Officers – the Chairman, Vice-Chairman, and Secretary/Treasurer. In the new legislature, no Executive Officer would be in the Legislature. It would be completely separate. The new legislature would establish a budget for the administrative operations and the Executive Officers would have to follow it. The new legislature would adopt tribal laws and ordinances, and the Executive Officers would have to enforce them.

Just as in the State governments, the Executive would have a veto power which the Legislature could override with a 2/3 majority vote. The legislature would select its own officers to preside and select its own subordinate committees to deal with tribal legislation. The Tribal Courts could rule on the constitutionality of the acts of the legislature just as they do now on resolutions of the Business Committee.

So why change it? Primarily to allow the Regional Councils to elect representatives to the tribal government. This puts the Regional Councils in as a permanent part of our Constitution, which they are not now. This new legislature change will also reduce the power of the Chairman and Vice Chairman by eliminating their ability to vote on legislation or tribal budgets. It will formally streamline the tribal administration by setting up a well-defined chain of command for employees to follow. I hope you will give this idea some thought and discuss it at the Regional Councils and in Shawnee.

As we get closer to the tribal elections, I hope each of you are aware of the very low voter turnout in the last few elections. If you want your opinions to be heard, please please vote.

The recent tragedy in the Middle East with the bombing attack on our Navy ship makes us all aware of the fragile nature of freedom. The only way that bad men can prevail is for good men to do nothing. The tragedy is the price in lives of our young people. Please send your prayers to the families and friends of those lost in this tragedy.

The FireLake Discount Foods building is really taking shape. With the recent pronouncements by the Congress about Indian Gaming, our decision to invest our gaming proceeds in steady businesses will be proven ten-fold. As we have said in the past, Indian Gaming is vulnerable to the law. If we do not invest in long-term business, we are "eating the seed corn"

Megwetch,

John Barrett

## Government launches drug campaign

The Clinton administration has unveiled a \$2 million advertising campaign aimed at fighting drug abuse among American Indians, who have the highest rates of drug use in the country, and the crime and other social problems that go with them.

"I'm dismayed at how poorly we've responded to this problem," Clinton drug control adviser Barry McCaffrey said. He spoke at a conference of tribal leaders and substance abuse experts organized by the White House and other government agencies.

A federal study found that 19.6 percent of teen-age American Indians used illicit drugs, the highest rate of any group in the nation. The national average for those between 12 and 17 years old was 9 percent.

And although a lower percentage of Indians drink alcohol than the general population, alcohol-related deaths among Indians of ages 15-24 are 17 times higher than the national average, McCaffrey said.

McCaffrey showed off anti-drug print and radio ads his office is backing that will run in 79 tribal newspapers, eight national newspapers or magazines and scores of radio stations. The print ads include images of Indian fathers and sons, telling readers to "pass down the traditions and communicate to our youth that drugs are not part of our Native cultures."

"Doing drugs is not the Indian way," the young an-

nouncer in one of the radio ads says.

Some tribal officials at the conference said the federal government is not doing enough to fight addictions among Indians, particularly alcoholism.

"What are we doing with the people that are making the Budweisers, the Coors, that are killing us?" asked Lloyd Tortalita, governor of New Mexico's Acoma Pueblo. "The people that we elect to Congress are taking money from the alcohol makers. We will always have this problem with alcohol as long as that happens."

McCaffrey said he agreed that alcohol abuse is America's top drug problem.

"The alcohol industry has

some political clout,"

McCaffrey said. "But I don't think the solution to alcohol abuse lies in Congress. I think it lies in the community."

McCaffrey said his office has given 14 grants to alcohol and drug treatment or prevention programs for American Indians, and plans to give another 10 next week. Those grants are all for \$100,000 or less and last up to three years.

"It's so hard to get grants when we have 500 other tribes to fight with," Tortalita said. "When you do get a good program going, the grant is only one to three years. We need more funding."

McCaffrey agreed and said some of the grants may need to be extended to continue worthy programs.

### The Citizen Potawatomi Nation Substance Abuse Department

is offering extended outpatient services for:

- Youth ages 13-17
- Adults ages 18 and up

Services include  
individual, group and  
family  
counseling.

Monday through  
Thursday

8 a.m. - 8 p.m.

Friday

8 a.m. - 5 p.m.

For more information,  
call 405-273-5236



## You could own one of these homes!



### Potawatomi Housing News

Your housing authority strives to give you the best programs available. Starting October 1, 2000, the **80% Acquisition Program**, will take effect. This program is designed to help those families whose income is under 80% of the National Median Income obtain a loan for the purchase of a home from the tribe. These houses are located in the city of Tecumseh, Oklahoma. There are three and four bedroom homes, new homes and previously owned homes available. You could be in a home for as little as 1% down.

For more information about this and other great programs, contact Sherry Byers or Talena Depel at (405) 878-4696.





# HEALTH MATTERS

CITIZEN POTAWATOMI NATION HEALTH CLINIC



## Breast cancer: what you need to know

Breast cancer is the second leading cause of cancer death for American women, affecting 1 in 8 American women over a lifetime. In this millennium year alone, approximately 182,200 U.S. women will receive the diagnosis for breast cancer according to the American Cancer Society. Those are the facts. The reality is that almost 200,000 families will be affected. **WHAT IS BREAST CANCER?**

Breast cancer growth occurs when breast cells become abnormal and divide without control or order. The specific events that trigger the transformation of a normal cell to a cancerous cell seems to involve a complex interplay of genetics and environmental factors.

Breast cancer cells develop the ability to metastasize and break off from the primary tumor and travel through the blood stream or lymph system, spreading to other places in the body. Today, about half the women diagnosed with breast cancer die of metastatic disease. Early detection of cancer is vital to survival.

### WHO IS AT RISK

Just being a woman puts you in the highest risk category. The risk of breast cancer increases as a woman gets older. All women age 40 and older are at risk. However, most breast cancers occur in women over the age of 50, and the risk is especially high for women over age 60.

Research has shown that the following conditions place women at increased risk for breast cancer:

- Family history of the disease
- Early onset of menstruation and /or late menopause
- Never having had a child, or first full-term pregnancy after the age of 30
- History of cancer or atypical changes on a breast biopsy
- Exposure to high levels of radiation, particularly during puberty
- Alcohol consumption

The risk factors account for only about 40 percent of breast cancer cases. As many as 60 percent of breast cancers occur



### Yearly Mammograms For Women 40 And Over Are Important For Early Detection Of Breast Cancer

in women with no known risk factor except advancing age **EARLY DETECTION**

When breast cancer is found and treated early, the chances for survival are better. Women can take an active part in the early detection of breast cancer by having regular screening mammograms and clinical breast exams (breast exams performed by health professionals). All women should perform breast self-exams monthly.

A mammogram is a special kind of x-ray. It is different from a chest x-ray or x-rays of other parts of the body. Screening mammograms are used to look for breast changes in women who have no signs of breast cancer.

Mammograms can often detect breast cancer before it can be felt. Also, a mammogram can show small deposits of calcium in the breast. Although most calcium deposits are benign, a cluster of microcalcifications may be an early sign of cancer.

Regularly scheduled mammograms, together with clinical breast exams, offer the best chance of finding and treating breast cancer early. Studies show that mammograms reduce the risk of dying from breast cancer.

The National Cancer Institute recommends that women in their forties and older have mammograms on a regular basis, every 1 to 2 years.

All women should perform monthly breast self-exams (BSE) to check for any changes in their breasts. When doing BSE, it is important to remember that each woman's breasts are different, and that changes can occur because of aging, the menstrual cycle, pregnancy, menopause, or taking birth control pills or other hormones. Remember that for women in their forties and older, a monthly BSE is not a substitute for regularly scheduled screening mammograms and clinical breast exams by a health professional.

### SURVIVING BREAST CANCER

Survival depends on the stage of the breast cancer upon diagnosis. The 5-year relative survival rate for all women diagnosed with breast cancer is 83%. Survival is much better if the disease has not spread, and prognosis is poorer if the disease has spread by the time it is diagnosed.

For information call the Cancer Information Service, 1-800-4-CANCER or the American Cancer Society, 1-800-ACS-2345.

## Herbal Heritage

Submitted by Marlene Hogan and Carol Williams (daughters of Mrs. Albert Hefner and descendents of Josette Schwartz)

This column is intended to educate you on medicinal uses, common everyday uses and our American Indian Heritage of each herb that is introduced. (Note: The information in this column is not intended to be used as a substitute for current medical treatment. Before using any types of medication read the warnings and talk to your health care provider. If you become ill or are severely injured, seek immediate medical attention.)

The herb for the month of September is Echinacea (Purple Coneflower).

Echinacea is a perennial herb about two feet tall with a woody taproot. The plant has narrow, lance-shaped and rough-hairy leaves. The pinks to pale purple flower heads bloom from June to July and are situated around a cone-shaped spiny center.

Echinacea grows in dry upland prairies, often in rocky areas. It is found in the Great Plains.

The root is the primary use, but the entire plant can be used. The best roots come from the prairie lands of Kansas and Nebraska.

Echinacea is the best natural antibiotic, fighting against strep, staph, bacterial and viral infections. It purifies the blood and strengthens the immune system, which prevents colds and other illnesses. Purple Coneflower has anti-inflammatory properties and stimulates wound healing by internal and external use. It cures animal bites from the bee to the rattlesnake to a rabid dog. (In the event that a rattlesnake or a rabid animal bites you, seek immediate medical treatment).

The Purple Coneflower was the most widely used medicinal plant of the Plains Indians. It was used as a painkiller and for ailments including toothaches, coughs, colds, sore throats, tonsillitis, stomachaches, and pain in the bowels. To treat colds and sore throats, a piece of the root was chewed allowing the saliva to run down the throat. The macerated root of the coneflower was used to treat rattlesnake bites as well as other venomous bites, stings and poisonings including hydrophobia (rabies). A tea could be made from the leaves and roots and could either be gargled for sore throats, gums and toothaches or it could be drunk to treat rheumatism, arthritis, mumps and measles. A salve from the tea was applied externally to ailments. The root could also be chewed and applied directly to a wound to draw out poison, alleviate pain, reduce inflammation, kill germs and stimulate healing.

The spiny spiked seedpod, called 'miki-hi' or comb plant, denoting its use, served a practical purpose.

When we see the pastel Purple Coneflowers in bloom next summer, maybe we will remember the important part it played in the everyday lives of our ancestors. Maybe we can carry on the tradition of using Echinacea for our common ailments today.

Taken from *Medicinal Wild Plants of the Prairie*, by Kelly Kindscher



Echinacea



A "Warrior" is sworn to protect the safety of all children in the village and give up his life freely.



Moments like eating breakfast at the kitchen table, on the way to grandma's house, or getting ready for a brand new day of school are all great opportunities you have to communicate with your children. Take time, pass down the traditions and communicate to our youth that drugs are not a part of our Native cultures.

For more information on talking to your kids about drugs, please call 1.800.788.2800.

*Communication. The Anti-Drug.*

Office of National Drug Control Policy  
[www.theantidrug.com](http://www.theantidrug.com)





## CITIZEN POTAWATOMI NATION

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# Jordan attends youth leadership forum on medicine

Miss Jordan Roberts of Shawnee and a member of the Citizen Potawatomi Nation, attended the National Youth Leadership Forum on Medicine (NYLF/MED) from July 23 through August 2 in San Francisco, California.

Having demonstrated academic achievement and an interest in a career related to science and health, Roberts joined more than 390 outstanding high school juniors and seniors from across the United States at the conference. Students learned first-hand about medical ethics, the global effects of infectious disease, genetic research, public health and many other subjects relevant to the field.

"The National Youth Leadership Forum on Medicine gives students like Jordan Roberts an early opportunity to explore in depth what it takes to reach their career goals," said Donna Weldin, executive director of the NYLF. "Many students arrive knowing they want to pursue a career in medicine. We provide some of the essential resources for these young people to determine where, inside the medical universe, they wish to land."

Dr. Barbara Stagers, M.P.H., director of adolescent medicine at Children's Hospital Oakland, welcomed the students to San Francisco and encouraged them to take as much knowledge as possible from their NYLF/MED

experience. She challenged the students, "If a career in medicine is your dream, don't let anyone or anything stand in your way. Pursue it with all your might. The rewards will be huge."

During the conference, NYLF/MED students had the opportunity to visit some of the best institutions of medical learning in the country, including: Children's Hospital Oakland Research Institute; University of California at Berkeley, Firestone Laboratory; University of California at San Francisco, Cancer Research Institute; Cole Street Youth Clinic; and others. Not only did students visit these renowned places, they also interacted with

doctors, nurses, scientists and professors to gather a greater understanding of medical history, standards and trends.

Throughout the program, Roberts and fellow students explored the realms of public health and problem-based

learning in a series of intense and stimulating simulations. NYLF/MED culminated in a simulation that explored medical ethics, allowing students to apply what they learned throughout the course of the Forum.

## QUARTERLY BUSINESS COMMITTEE

### MEETING SCHEDULE

August 31, 2000

February 22, 2001

November 30, 2000

May 31, 2001



6 P.M.

Employment & Training Conference Room  
Citizen Potawatomi Nation Headquarters  
1601 Gordon Cooper Drive, Shawnee

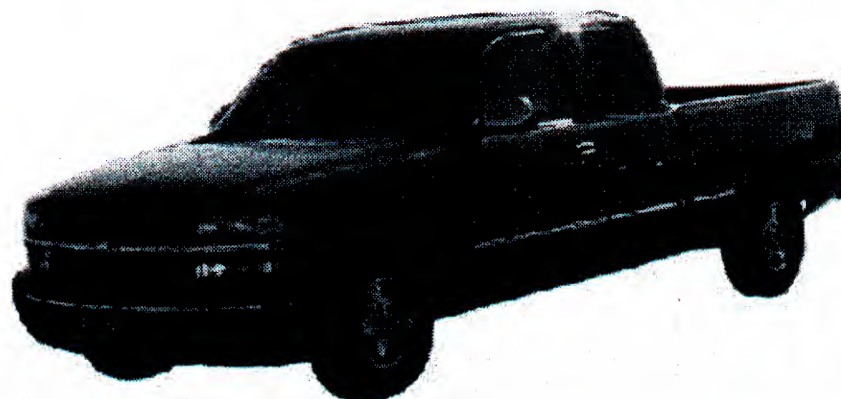
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